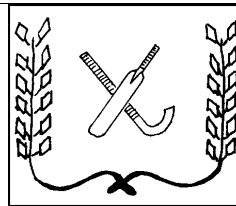


SPORTSMAN
INTEREST BADGE


Date Passed

Signed

1. Represent your school and/or your sports club in one team sport for two full seasons ie winter and/or summer sports. Examples of team sports:

Baseball	Cricket	Volleyball
Rugby	Softball	Basketball
Hockey	Ice Hockey	Polo/polocross
Waterpolo	Surf Lifesaving	Soccer

 _____ 1 _____

2. Participate in one other sport (not counted for 1 above) reasonably well as a team member or in an individual sport for at least two full seasons ie winter and/or summer.

In other words you must be proficient in at least 2 sports of your choice for at least two full seasons. (At least one sport must be a team sport.)

Examples of individual sports:

Shooting	Archery	Gymnastics
Skiing	Tennis	Canoeing
Swimming	Golf	Sculling
Diving	Badminton	Sailing
Roller/ice skating	Table Tennis	Athletics
Squash	Fishing	Rally navigation
Jukskei	Horse riding	Waterskiing
Waterskiing	Judo/Karate	Bowls
Cross-country		

 _____ 2 _____

3. a) Be familiar with the skills and techniques in each of your chosen sports.
 b) Show that you know the rules and how to score.
 c) Discuss the equipment used and how to care for it.
 d) Discuss the safety rules and what injuries could occur and how to prevent them.

 _____ 3 _____

4. Explain what sportsmanship is and why it is important. Give several examples of good sportsmanship in sports. Relate at least one of these to everyday citizenship off the sports field.

 _____ 4 _____

5. Referee a match or act as an umpire.

 _____ 5 _____

6. Make a set of training rules for the sports you have chosen. Explain why these training rules are important. Follow the rules. Design exercises for these sports and keep a record of how you do in these sports for one season. Show how you have improved.□

 _____ 6 _____